

# A TO Z INDIA

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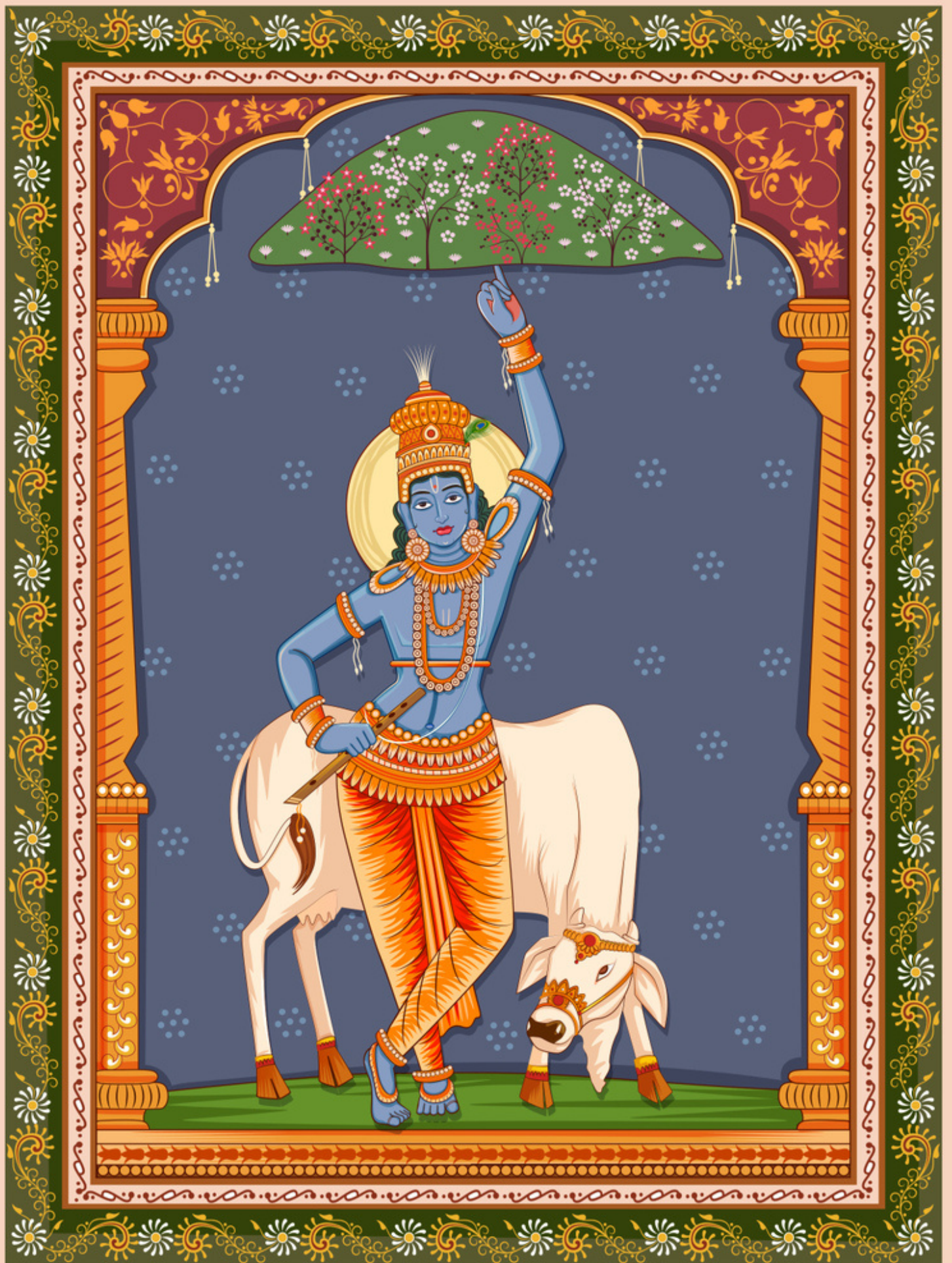
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## ONE HORNED RHINO OF ASSAM

► INDIRA SRIVATSA

Indian Culture • Indian Art • Indian Lifestyle • Indian Religion









# 04

## EDITORIAL: MONTH OF APRIL SPIRITUAL MEANING

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மகாத்மா காந்தியின் கதை மற்றும் வாழ்வை வரலாறு அடங்கிய ஓர் தொகுப்பு.

## FROM THE EDITOR

A TO Z INDIA magazine covers the Indian through his art, culture, lifestyle, religion, etc. This magazine gives an insight into the life of Indians from an angle uncovered by others. Turn to find out what it is about and to immerse yourself into an entirely different culture.

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# inside

# Editorial: Month Of April Spiritual Meaning

➤ Indira Srivatsa



## » April Spiritual Meaning:

Treasured sacred month, the celebration of the goddess Venus. Star sign cancer sits in the house of four reminding us of family.

## » Numerology For Month Of April:

The month of April (4th month) holds the numerological vibration of the number four. Number four is ruled and influenced by the shimmering energy of the planet Mercury. Four has the element earth and the tarot card the emperor is the talisman, providing justice. The zodiac sign of cancer sits in the house of four, reminding us of home and family.



# Editorial: Month Of April Spiritual Meaning

➤ **Indira Srivatsa**



## » Numerology Power Days April:

The power days in the month of April which exude the most fortunate energy for business, travel, marriage, and romance are the 7th, 8th, these two dates coincide with the new moon perfect for manifestation. These dates 12th, 22nd are less likely to hold negative or obstacle making energy during the month of April.

## » Symbolic Meaning For The Month Of April:

The birthstone for the month of April is the diamond, diamonds amplify the thoughts of the wearer, helping those thoughts become actions. Tropical Astrology Star Signs: Aries – March 21 to April 19 and Taurus – April 20 to May 20. April from the Roman calendar becomes April. Treasured as a sacred month April is the celebration of the goddess Venus.



# Editorial: Month Of April Spiritual Meaning

➤ Indira Srivatsa



The word April also comes from the Latin word *aperire* meaning "to open" referring to a spring season, blossoming of the flowers, trees, and leaves. The ancient Ogham tree spirits of Alder and Willow watch over the month of April, offering spiritual wisdom and constraint from negative thinking.

» Spiritual Meaning April:

April the first marks all fool's day, precisely 13 weeks from New Year's Day! an occult significance is attached to this day. The number thirteen marks the sign of the rebellion. April is the time to reset our goals for the year fine-tune them and re-establish our motivation towards those goals. Have a think back to the beginning of the year what were your goals? Are you working your way towards those goals?



# Editorial: Month Of April Spiritual Meaning

➤ Indira Srivatsa



With psychic energy in abundance throughout the month of April, it is the ideal time to take up a meditation practice for the purpose of healthier living and raising one's consciousness. April is the month to go for it! those things you want to push forward and strive for now is the time.

Happy Reading!

*Indira Srivatsa*

Editor - A TO Z INDIA,  
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# Assamese Cuisine: Food for the Soul

➤ Sankar



Assamese cuisine is the cuisine of Assam. It is a style of cooking that is a confluence of cooking habits of the hills that favour fermentation and drying as forms of preservation and those from the plains that provide fresh vegetables and an abundance of fish and meat. Both are centred on the main ingredient — rice. The confluence of varied cultural influences in the Assam Valley has led to the staggering variety and flavours in the Assamese food. It is characterized by the use of an extremely wide variety of plant as well as animal products, owing to their abundance in the region. It is a mixture of indigenous styles with considerable regional variations and some external influences. The traditional way of cooking and the cuisine of Assam is very similar to other South-East Asian countries like Thailand, Burma (Myanmar) and others.

The cuisine is characterized by very little use of spices, little cooking over fire and strong flavours due mainly to the use of endemic exotic fruits and vegetables that are either fresh, dried or fermented. Fish is widely used, and birds like duck, squab, etc. are very popular, which are often paired with a main vegetable or ingredient. Preparations are rarely elaborate. (The practice of *bhuna*, the gentle frying of spices before the addition of the main ingredients so common in Indian cooking, is absent in the cuisine of Assam.) The preferred oil for cooking is the pungent mustard oil.

A traditional meal in Assam begins with a *khar*, a class of dishes named after the main ingredient, and ends with a *tenga*, a sour dish. The food is usually served in bell metal utensils made by an indigenous community called *Mariya*. The belief is that when food and water is served in such utensils its good for health and boost up immunity. *Tamul* (betel nut, generally raw) and *paan* generally concludes the meal. Though still obscure, this cuisine has seen wider notice in recent times. The discovery of this cuisine in the popular media continues, with the presenters yet to settle on the language and the specific distinctiveness to describe it.



# Assamese Cuisine: Food for the Soul

## ➤ Sankar



### » Ingredients:

#### » Rice:

Rice is the most important ingredient in this cuisine. The large varieties of rice found in the region has led to speculation that the grain was first domesticated in the Assam-Yunnan region. Both the indica as well as the japonica varieties are grown in Assam. The most popular class of rice is the joha or scented rice. As a staple, rice is eaten either steam boiled (ukhua) or sundried (aaro). Some very fine quality of rice namely, Karaballam or kauribadam etc., are available in Assam only.

Rice is eaten as snack in many forms: roasted and ground (xandoh), boiled in its husk and flattened (chira), puffed (akhoi). kumol saul is rice that is precooked, dried and then husked; it can be simply soaked in warm water and eaten as a light meal.

Rice is a part of all meals in Assam. A traditional breakfast consists of chira with yogurt and jaggery. Mostly farmers eat cooked rice soaked overnight (poita) simply accompanied with salt, mustard oil, onions, etc. Snacks are xandoh, kumol saul or bora saul, sticky rice, which can be eaten with sweet or salty accompaniments. For other major meals, rice could be boiled, steamed or wrapped in leaves and roasted. 'Sunga Saul' is a special preparation in which (sticky) rice (bora saul) is cooked in bamboo hollows called 'sunga'. 'Sewa diya Bhaat' is another preparation where sticky rice is steamed over boiling water. They are generally served with meat or fish. Sticky rice is also wrapped in leaves, usually plantain leaves or tora pat, and dropped into boiling water to prepare 'tupula bhat'.

A special class of rice preparations, called pithas are generally made only on special occasions like the Bihu. Made usually with soaked and ground glutinous rice (bora saul), they could be fried in oil with a sesame filling (xutuli pitha), roasted in young green bamboo over a slow fire (sunga pitha) or baked and rolled over a hot plate with a filling (kholasaporla pitha).

# Assamese Cuisine: Food for the Soul

➤ Sankar



## » Green vegetables:

The environs of Assam are rich in vegetation, and green leafy vegetables, called xaak, are an important part of the cuisine. Some of them are grown while others like the dhekia (fern) grows wild. There is a bewildering variety that is eaten and according to custom, one has to have 101 different xaak (greens) during Rongali Bihu. Herbs, greens, and vegetables are commonly eaten by simply cooking in water and salt, lightly frying, as a thick soup or by adding to varieties of lentils. They are also prepared in combination with fish, meat and eggs.

## » Spices of Assam:

Among spices there are ginger, garlic, onion, cumin seed, black cumin, black pepper, chilli, turmeric, coriander seed, cinnamon, cardamom, clove, fenugreek seed, white mustard seed, aniseed, Malabar leaf, Cumin, etc. Some herbs peculiar to Assam are maan dhaniya, moran Ada, madhuhuleng, bhedai lota, manimuni, masundari, tengesi, thekera, kordoi, outenga, tengamora': etc. An Assamese meal is incomplete without green chilis, many varieties of which are available in the region. Assam is famous for the bhut jolokia or ghost pepper which was recognized as the hottest chili in the world. Panch-furan (mixture of 5 spices) is used for adding flavour to Dail. Dail was not earlier eaten by indigenous people of Assam but now slowly due to external influences Dail is also eaten with their own traditional style of cooking it.

## » Fish:

The next most important ingredient is fish, harvested from the many rivers, ponds and lakes in the region. The extremely wet climate and the large numbers of water bodies has ensured that large varieties of fresh water fish are available in abundance in the valley. It is a staple item in the Assamese palate. There is no traditional ethnic community in Assam that does not eat fish. Most traditional rural households have their own ponds for pisciculture.



# Assamese Cuisine: Food for the Soul

## ➤ Sankar



» Snacks and cakes:

» Jolpan:

Jolpan (snacks) in Assamese is what is breakfast although it is not always served as breakfast in Assamese cuisine. They are eaten as light meals between main meals and widely served during Bihu, weddings, Assamese shraadh or any other kind of special occasions and gatherings. Some types of jolpan are Bora saul (varieties of sticky rice), Komal Saul, Xandoh, Chira, Muri, Akhoi, Sunga saul, etc. eaten in combination with hot milk, curd, jaggery, yogurt or seasonal ripe fruits. These are probably some of the earliest forms of "cereals". Assamese people have been eating them mainly as breakfast for many centuries.

» Pitha:

Pitha (rice cake) is a special class of rice preparation generally made only on occasions like Bihu in Assam. Made usually with soaked and ground rice, they could be fried in oil, roasted over a slow fire or baked and rolled over a hot plate. Some pithas are Til Pitha, Ghila Pitha, Xutuli Pitha, Sunga Pitha, Bhapotdiya Pitha, Lakhimi Pitha, Tora Pitha, Tekeli Pitha, Deksi Pitha, Muthiya Pitha, Kholasapori Pitha, etc. It is made in other areas of East and South-East Asia and has similarities with them rather than any Mainland Indian cuisine form etc.

» Laru:

Larus are sweet balls that are associated with traditional Assamese food: Laskara, narikolor laru, tilor laru are often seen in Assamese cuisine.

» Tea:

Tea (Saah in Assamese) is an indispensable part of Assamese cuisine. It is served in form of Black tea, Milk tea, Herbal Tea, Spiced tea, Green Tea, Lemon tea (adding lemon juice to black tea), etc. Most of an Assamese people like to drink laal saah( red tea)

# Assam: One Horned Rhino, The Pride of India

➡ Sankar

The greater one-horned rhino (or "Indian rhino") is the largest of the rhino species. Once widespread across the entire northern part of the Indian sub-continent, rhino populations plummeted as they were hunted for sport or killed as agricultural pests. This pushed the species very close to extinction and by the start of the 20th century, around 200 wild greater one-horned rhinos remained.

The recovery of the greater one-horned rhino is among the greatest conservation success stories in Asia. Thanks to strict protection and management from Indian and Nepalese wildlife authorities, the greater one-horned rhino was brought back from the brink. Today populations have increased to around 3,700 rhinos in northeastern India and the Terai grasslands of Nepal.

## FACTS



**STATUS**  
Vulnerable



**POPULATION**  
Around 3,700



**SCIENTIFIC NAME**  
*Rhinoceros unicornis*



**HEIGHT**  
5.75 - 6.5 feet



**WEIGHT**  
4,000-6,000 pounds



**LENGTH**  
10- 12.5 feet



**HABITATS**  
Tropical and Subtropical Grasslands, Savannas, and



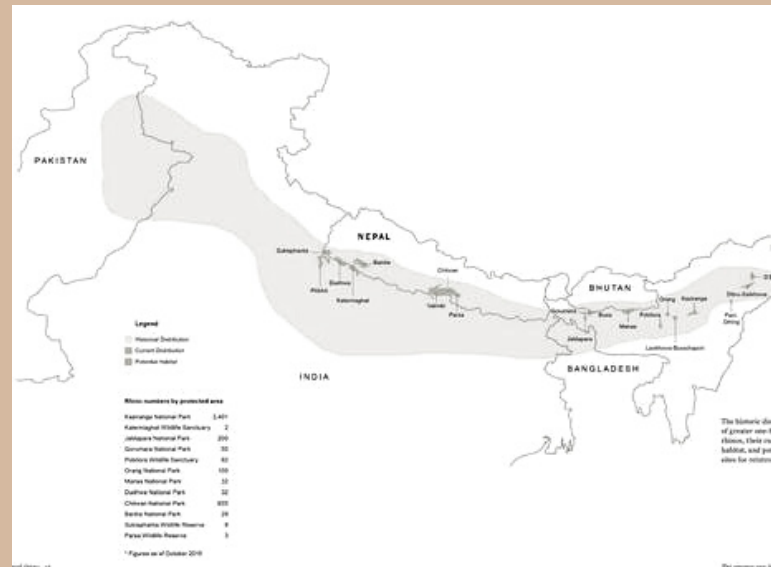
# Assam: One Horned Rhino, The Pride of India

➡ Sankar

The greater one-horned rhino is identified by a single black horn about 8-25 inches long and a grey-brown hide with skin folds, which gives it an armor-plated appearance. The species is solitary, except when adult males or rhinos nearing adulthood gather at wallows or to graze. Males have loosely defined home ranges that are not well defended and often overlap. They primarily graze, with a diet consisting almost entirely of grasses as well as leaves, branches of shrubs and trees, fruit, and aquatic plants.

## » Why they matter?

Rhinos share their homes with other valuable plants and animals. When we protect greater one-horned rhinos, we also help protect these other species. These rhinos are also a symbol of national pride in the countries where they are found, which inspires environmental stewardship among local communities. These communities also benefit from the revenue generated through rhino ecotourism.

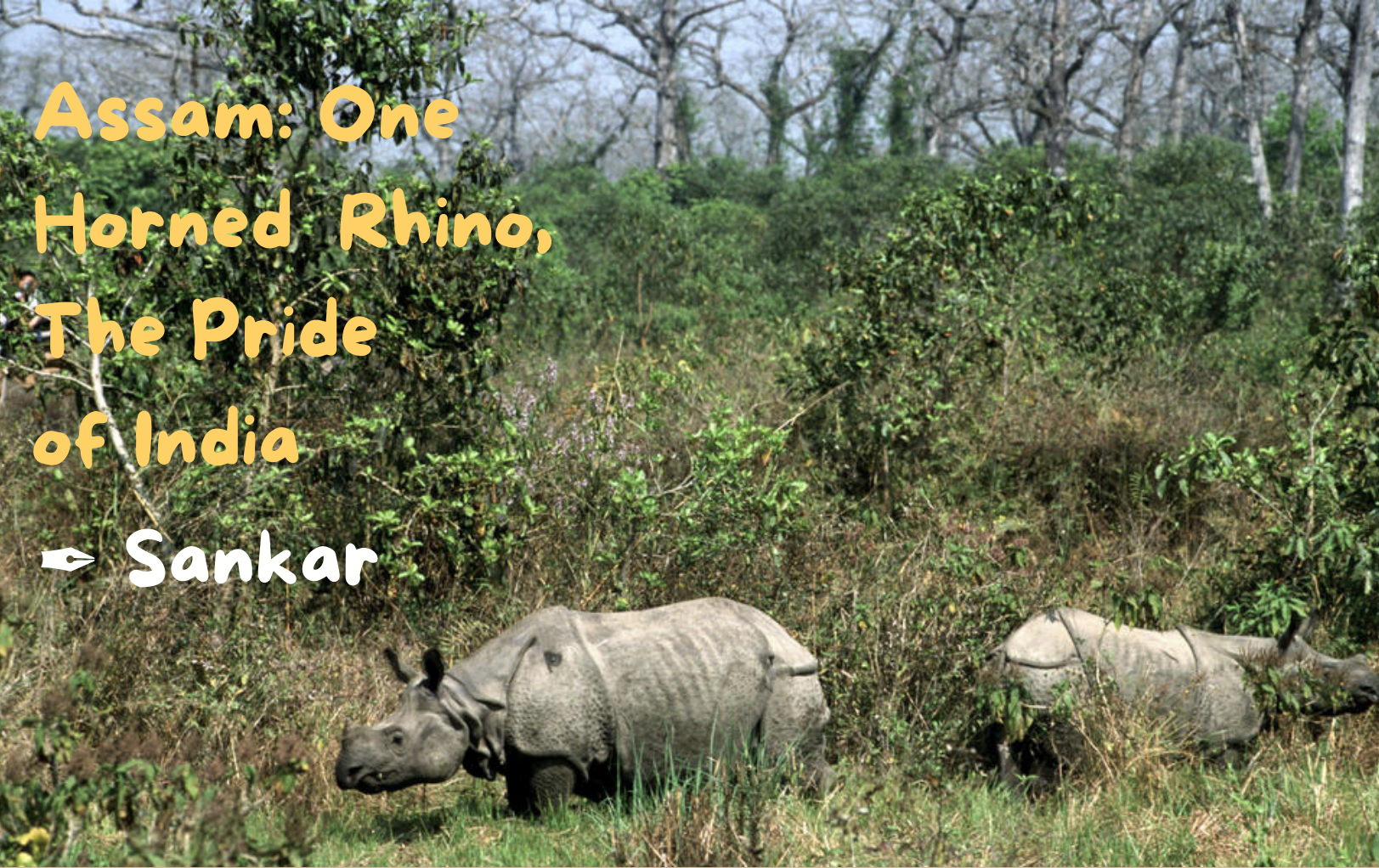


Population distribution of the Greater One Horned Rhino



# Assam: One Horned Rhino, The Pride of India

➡ Sankar



## » Illegal Wildlife Trade:

Poaching for the illegal trade in rhino horn remains the biggest threat to the greater one-horned rhino. Although there is no scientific proof of its medical value, the horn is used in traditional Asian medicines, primarily for the treatment of a variety of ailments including epilepsy, fevers, and cancer. Extensive illegal trade persists throughout Asia despite protections and bans on international trade of rhino horn.

## » Population Density and Genetic Diversity:

High population density in some parks leads to lower breeding rates. Also, concerns exist about long term viability of sub-populations due to lack of genetic diversity.

## » Habitat Loss:

The enormous reduction in the range of rhinos was mainly caused by the disappearance of alluvial plain grasslands. Today, the growing human population's need for land threatens the species. Many of the protected areas where rhinos live have reached the limit of the number of individuals they can support. This leads to human-rhino conflict, as rhinos more frequently leave the boundaries of protected areas to forage in the surrounding villages. Rhinos reportedly kill several people each year in India and Nepal.

## » What World Wildlife Fund is doing:

WWF seeks to create three new



# Assam: One Horned Rhino, The Pride of India

➡ Sankar



of at least 10 greater one-horned rhinos each in the next five years. The Indian state of Assam is home to the largest population of greater-one horned rhinos, with more than 90% in Kaziranga National Park. Since 2008, the Indian government, along with WWF and other partners, has translocated 18 rhinos from Kaziranga National Park and Pobitora Wildlife Sanctuary to Assam's Manas National Park on the India-Bhutan border. As of 2017, Manas was home to 29 rhinos. In India, WWF aims to expand the number of greater one-horned rhinos to 3,000—spread out over seven protected areas—by 2020. In Nepal, the goal is to increase the rhino population from 645 to 800 individuals in the coming years. In March 2016, five rhinos were translocated from

Chitwan National Park to the Babai Valley of Bardia National Park in Nepal. Two of the translocated females gave birth within a few months—an encouraging sign that they are adjusting well to the new habitat.

## » Monitoring and Protection:

WWF helps to strengthen security measures and provides critical support for anti-poaching efforts at key sites including Kaziranga National Park and Pobitora and Laokhowa-Burachapori Wildlife Sanctuaries. They also invest in improving rhino monitoring to collect data and measure progress toward achieving rhino conservation goals, assess the reproductive health and growth rate of populations, and make the right decisions to keep rhino numbers growing at a rate of at least 3%.



# Bharatanatyam

➤ Chandra

## - Indian Classical Dance



*Bharatanatyam*  
Indian classical dance



*Bharatanatyam*  
Indian classical dance





# Bharatanatyam

➤ Chandra

## - Indian Classical Dance

Bharata natyam, (Sanskrit: "Bharata's dancing") the principal of the main classical dance styles of India, the others being kuchipudi, kathak, kathakali, manipuri, and odissi. It is indigenous to the Tamil Nadu region and prevalent in southern India. Bharata natyam serves the expression of Hindu religious themes and devotions, and its techniques and terminology have been traced back to ancient treatises such as the Natya-shastra, by the Brahman sage and priest Bharata. Bharata natyam was originally performed exclusively by female temple dancers and was not brought to the stage for public performance until about 1930.

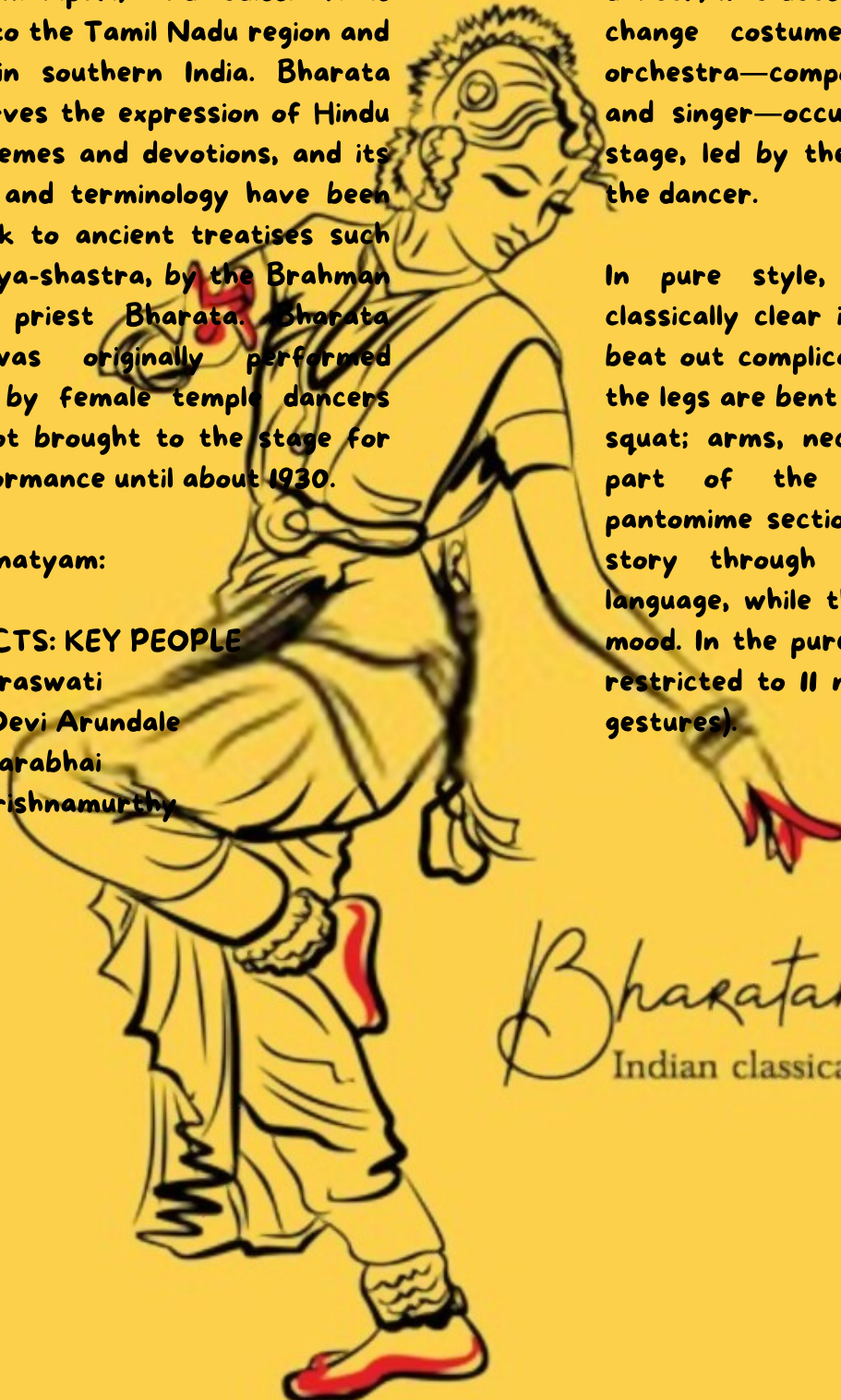
» Bharata natyam:

### QUICK FACTS: KEY PEOPLE

- » T. Balasaraswati
- » Rukmini Devi Arundale
- » Mallika Sarabhai
- » Yamini Krishnamurthy

A program of bharata natyam usually lasts two hours without interruption and includes a specific list of procedures, all performed by one dancer, who does not leave the stage or change costume. The accompanying orchestra—composed of drums, drone, and singer—occupies the back of the stage, led by the guru, or teacher, of the dancer.

In pure style, bharata natyam is classically clear in technique. The feet beat out complicated counter rhythms; the legs are bent in a characteristic low squat; arms, neck, and shoulders are part of the movement. In the pantomime sections, the hands tell the story through conventional gesture language, while the face expresses the mood. In the pure dance the hands are restricted to 11 mudras (symbolic hand gestures).



*Bharatanatyam*  
Indian classical dance



# Timepass Corner:

Spot the  
Difference  
(6 Differences)

➡ Gomathy



**Answer:**  
**The 6 Differences.**





» Wife: Why are you staring at the cat which is drinking milk?  
Husband: I wanted to see if this cat drinks milk, yes it does!

» Cook: To cook in your house, I will put a simple condition.  
House Owner: What?  
Cook: You shouldn't ask me to eat it!



» Teacher: "Babu is plucking the mangoes". Change the sentence so that mango comes first.  
Student: Mango! Raju is plucking you!

# Humour Zone: Laugh Laugh!

## ➤ Chandra



» Instead of going to Kashi, if you go to Tenkashi what will happen?  
Rail charge will decrease!



» If a political leader contests independently, how will the banner be?  
A sweet lonely person who is like a jet plane without passengers!



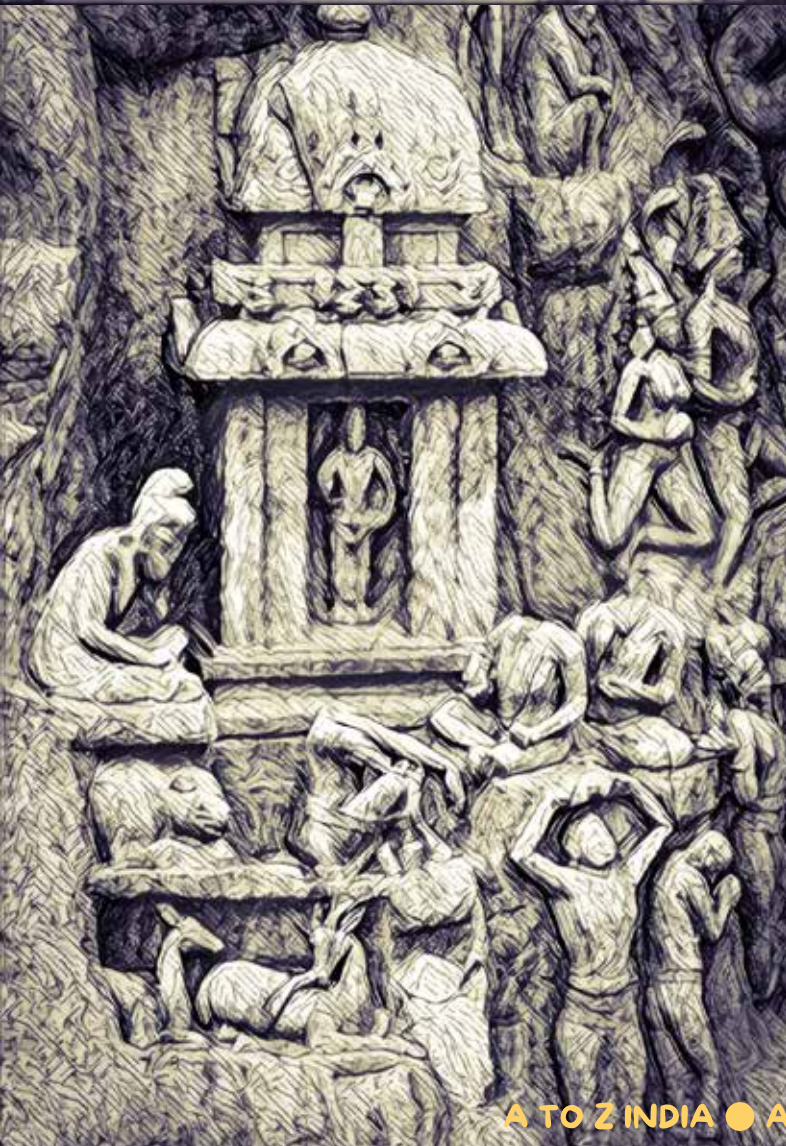
» Doctor: If your mother-in-law fractured her hand in the bathroom, why should I treat her for free?  
Patient: Because, it's in your clinic!



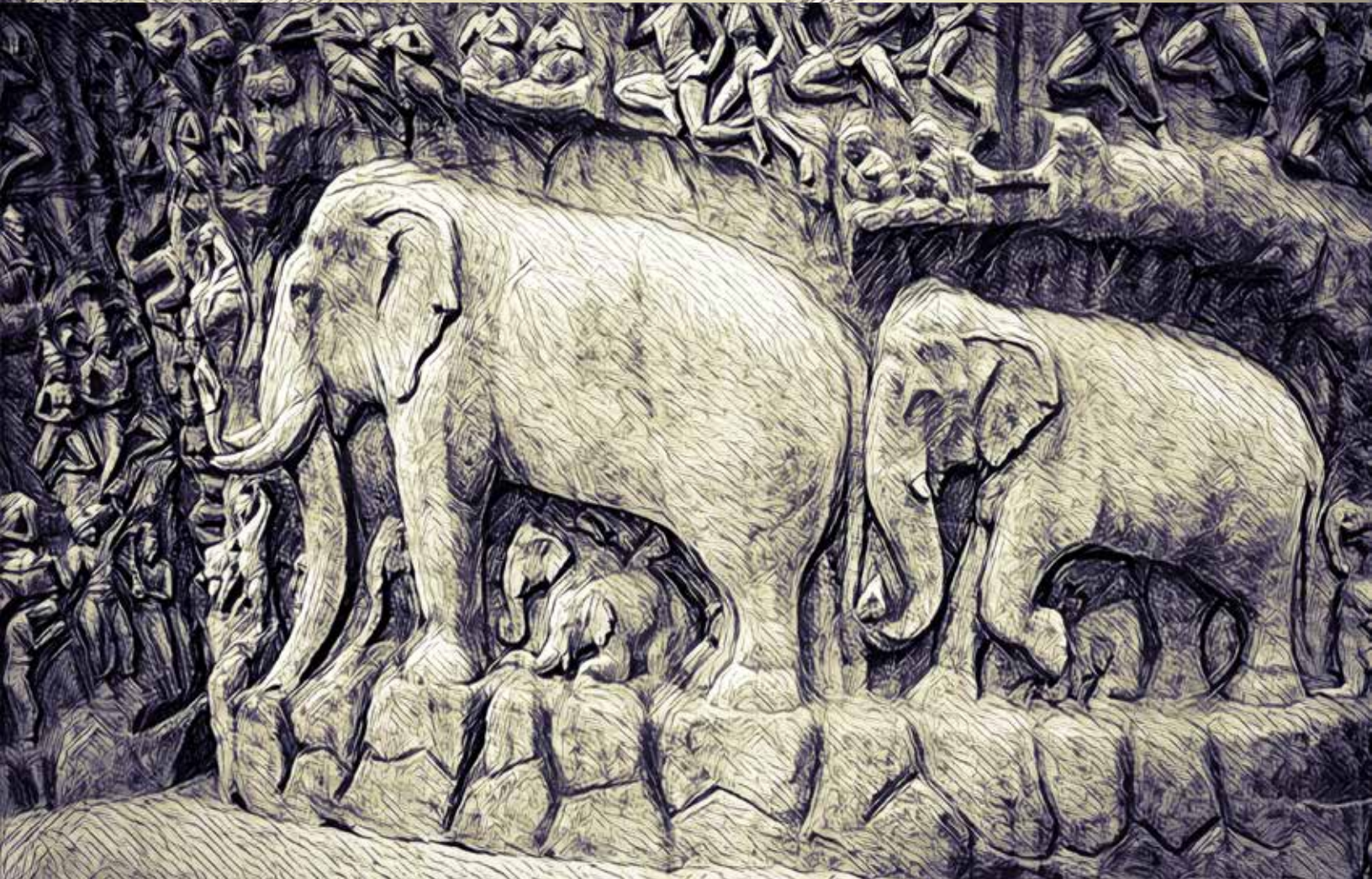
» Person A: Why is there so much crowd around this politician?  
Person B: He is telling the crowd that he is ready to show the right path, and outsiders are crowding him to get the right address!



# ● Mammalapuram - Historical South Indian City.









# மகாத்மா காந்தியின் கதை: சிறுவர்களின் சிறப்பு பக்கம்

## சம்பத்

Mahatma  
Gandhi



1869 ஆம் ஆண்டு அக்டோபர் இரண்டாம் நாள் மோகன்தாஸ் கரம்சந்த் காந்தி பிறந்தார்.

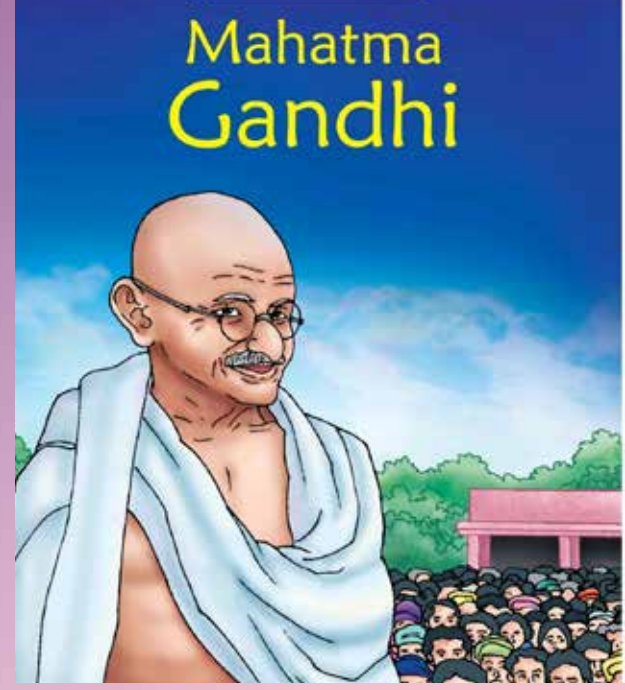
அவர் தந்தை போர்பந்தரின் திவான். தாயார் புட்லிபாய் அம்மையார்.

காந்தி அவர் அம்மாவினால் வளர்க்கப்பட்டார். புட்லிபாய் காந்திக்கு நல்ல நெறிகளையும் பக்தியையும் ஊட்டி வளர்த்தார்.





# மகாத்மா காந்தியின் கதை: சிறுவர்களின் சிறப்பு பக்கம் சம்பத்



காந்தி தனது 13னாவது வயதில்  
கஸ்தூரிபாயை மணந்தார். இலண்டன்  
சென்று பாரிஸ்ட்டர் பட்டம் பெற்றார்.  
பிறகு இந்தியாவிற்கு திரும்ப  
நினைத்தார்.

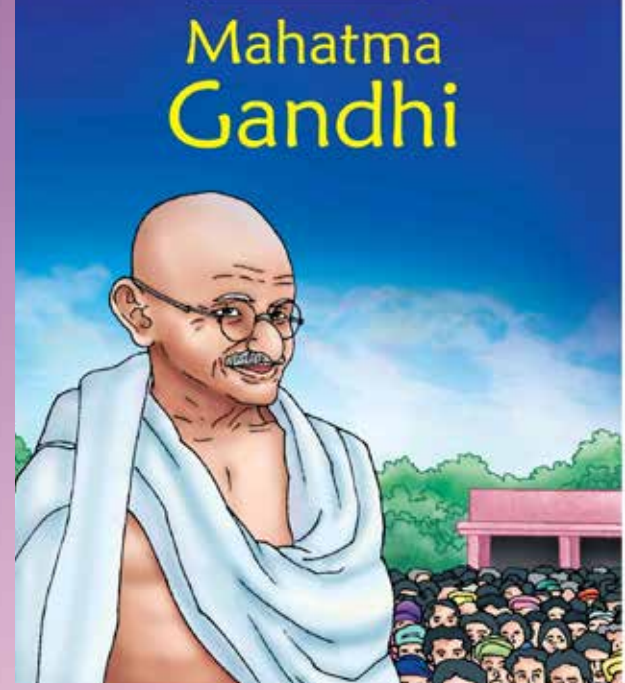
சில வருடங்களுக்கு பிறகு தென் ஆப்பிரிக்கா  
சென்றார். அங்கு இந்தியர்களை  
அவமதிப்பதைக் கண்டார். ஒரு முறை அவர்  
இரயிலில் இருந்து வெளியேற்றப்பட்டார். இங்கு  
அவர் அஹிம்சை முறை போராட்டத்தை  
மேற்கொண்டார்.





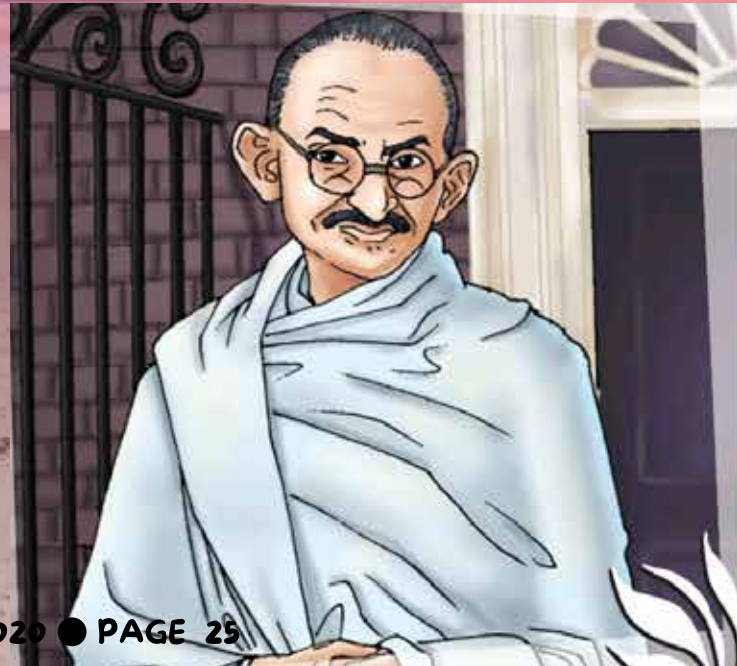
# மகாத்மா காந்தியின் கதை: சிறுவர்களின் சிறப்பு பக்கம்

## சம்பத்



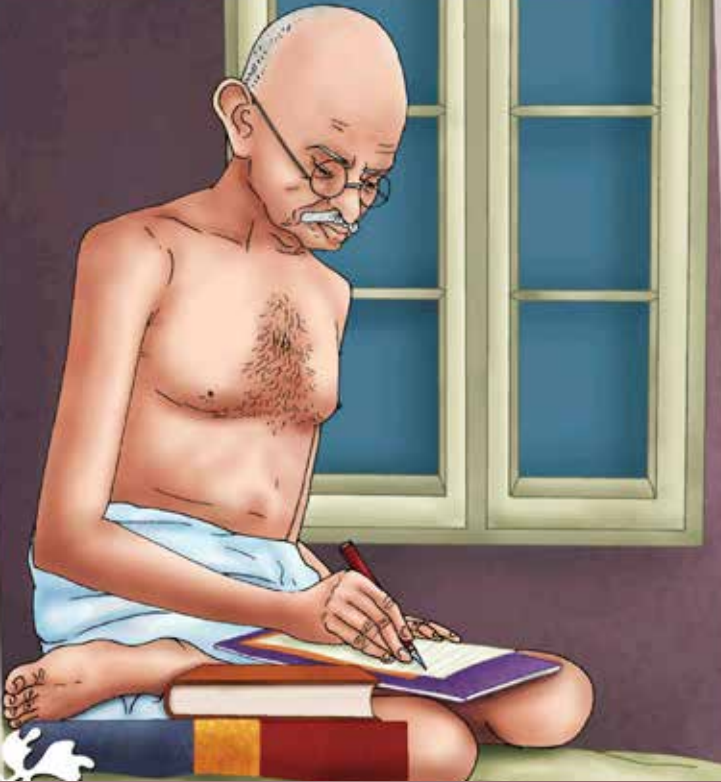
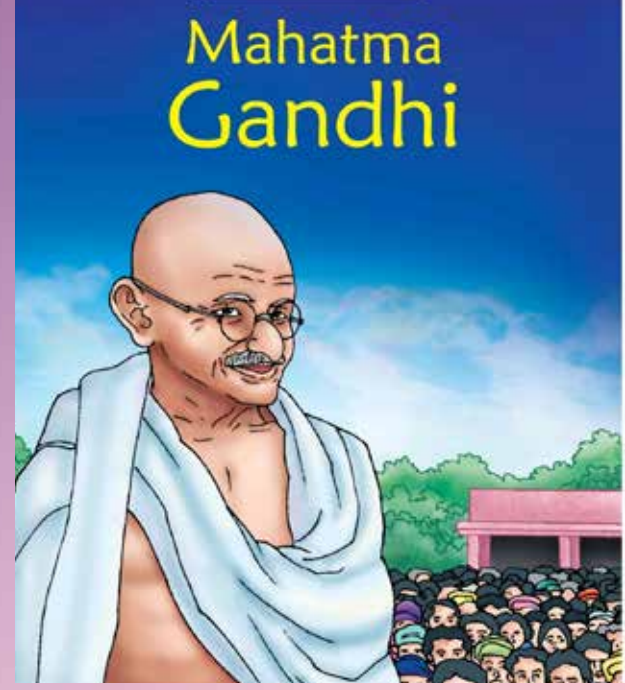
காந்தி தனது மனைவியையும் குழந்தைகளையும் தென் ஆப்பிரிக்காவிற்கு அழைத்து சென்றார். அங்கு அவர்களும் தாக்கப்பட்டனர். காந்தி தனது போராட்டத்தை தீவிரப்படுத்தினார். இறுதியாக 1914ஆம் ஆண்டில் தென் ஆப்பிரிக்கா அரசு இந்தியர்களுக்கு சில சலுகைகளை அளித்தது.

1915ஆம் ஆண்டு காந்தி இந்தியா திரும்பினார். இந்திய சுதந்திரத்திற்கு கைமாற்றாக காந்தி முதலாம் உலகப் போரில் ஆங்கில அரசிற்கு உதவ விரும்பினார். மக்கள் அவரை "பாபு" என அழைத்தனர்.



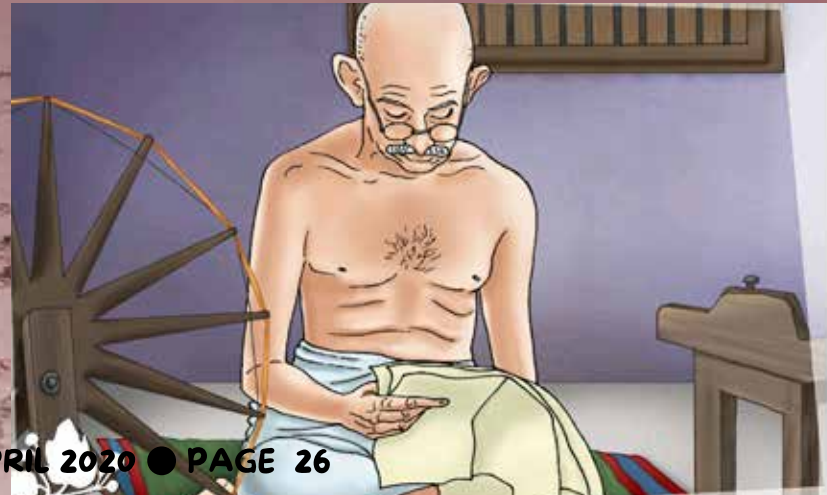
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## சம்பத்



அவர் எண்ணங்கள் மக்களிடம்  
சென்றடைய காந்திஜி இரண்டு  
நாளிதழ்களை தொடங்கினார். காந்தியை  
சிறையில் அடைத்தனர். ஆனாலும் அவர்  
நாளிதழ்களை தொடர்ந்து எழுதினார்.  
ஆங்கில அரசு இவரின் நாளிதழ்களை  
எரிக்க ஆணையிட்டது. காந்தி தன்  
முயற்சியை கைவிடவில்லை.

நாட்கள் செல்லச்செல்ல, காந்தி ஏழை  
எளிய மக்கள் அணியும் ஆடைகளை  
அணியத் தொடங்கினார். காந்தி, கதர்  
நெய்யும் சக்கரத்தில் காலத்தை கழிக்க  
தொடங்கினார்.

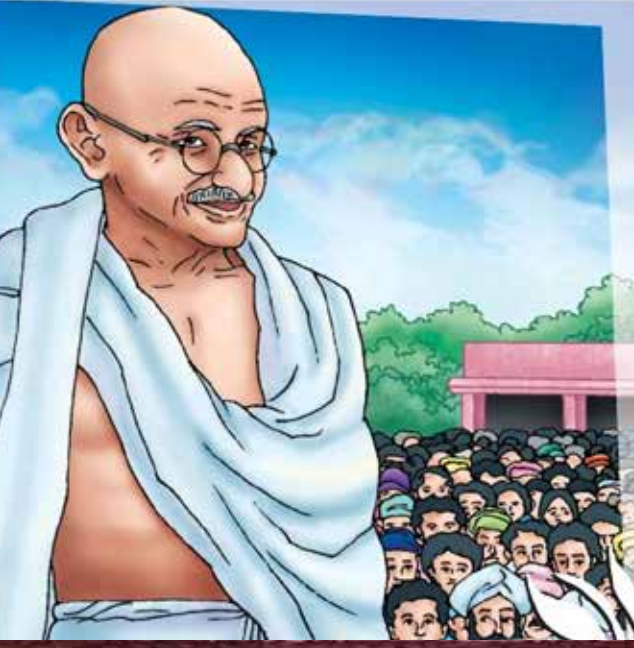




# மகாத்மா காந்தியின் கதை: சிறுவர்களின் சிறப்பு பக்கம்

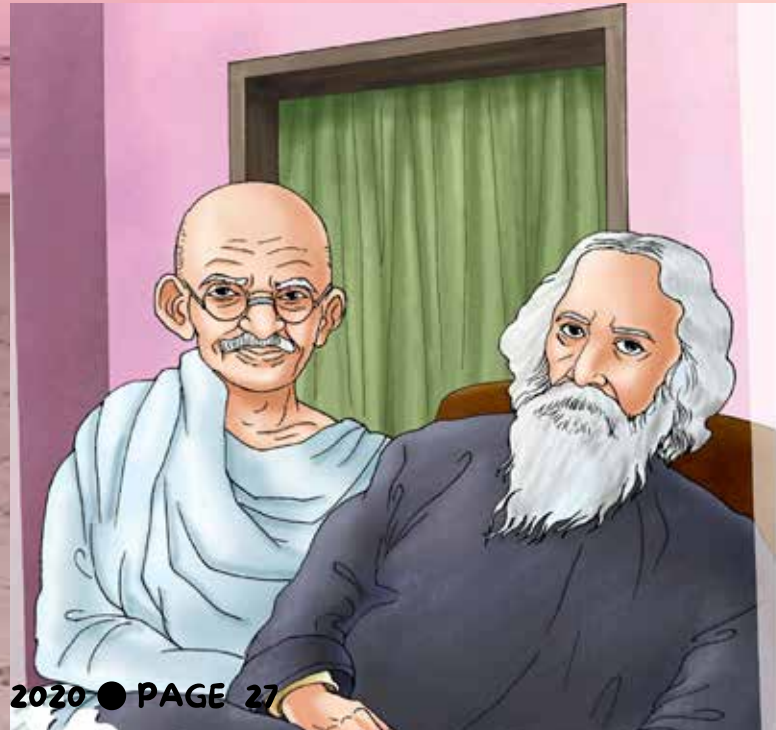
## சம்பத்

Mahatma  
Gandhi



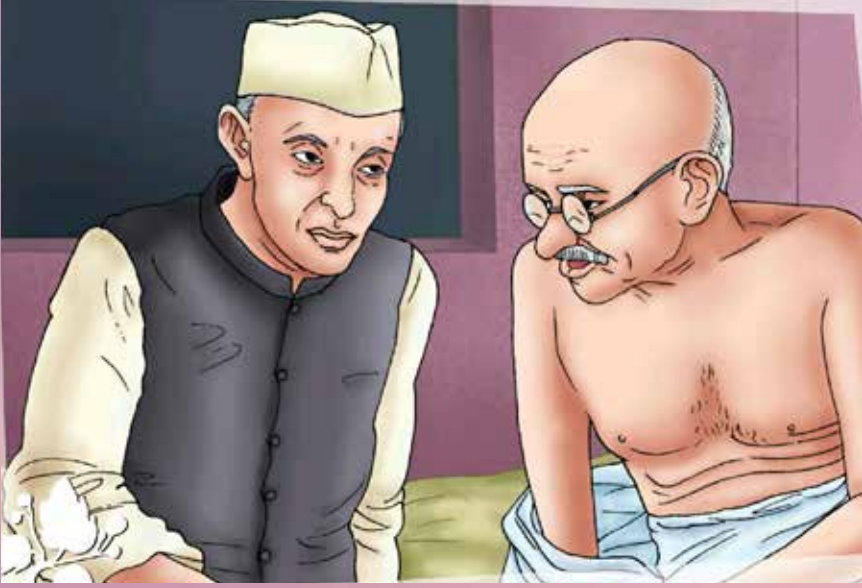
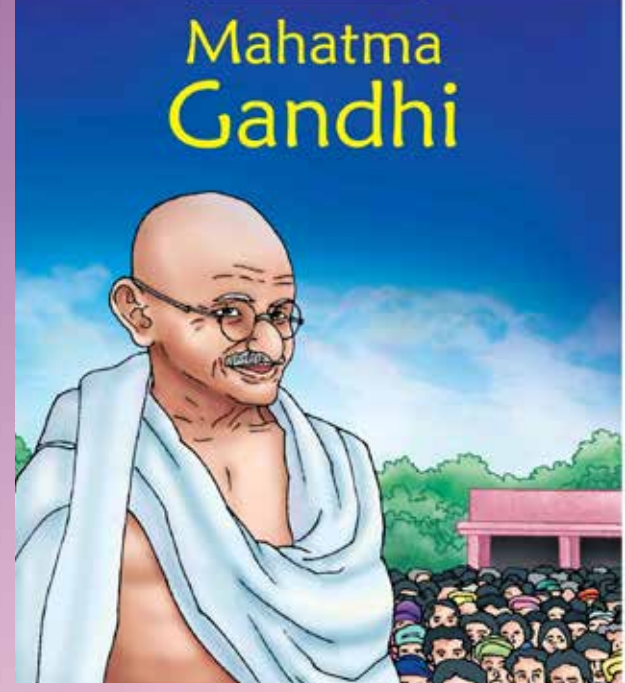
பிறகு, காந்தி இந்திய தேசிய காங்கிரஸின் தலைவரானார். 1930இல் ஆங்கில அரசு உப்பிற்கு வரி விதித்தபோது, காந்தி தண்டியில் உப்பு சத்தியாகிரக ஊர்வல போராட்டத்தை நடத்தினார்.

தேசபற்று மிக்க எழுத்தாளர் ரவீந்திரநாத் தாகூர், காந்திக்கு "மகாத்மா" என்ற பட்டத்தை வழங்கினார்.



# மகாத்மா காந்தியின் கதை: சிறுவர்களின் சிறப்பு பக்கம்

## சம்பத்



1934ஆம் ஆண்டில் ஜவஹர்லால் நேரு இந்திய தேசிய காங்கிரஸின் தலைவரானார்.

இஸ்லாமியர்களுக்கு தனி நாடு வேண்டும் என்று "முஸ்லிம் லீக்" கோரியது. காந்தி இதற்கு எதிர்ப்பு தெரிவித்தார்.

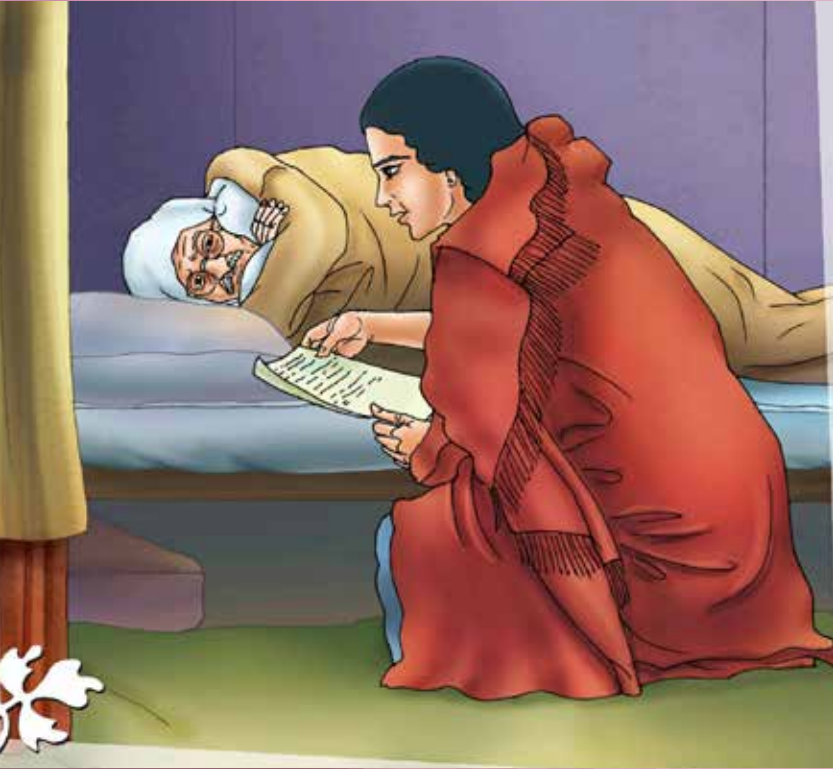
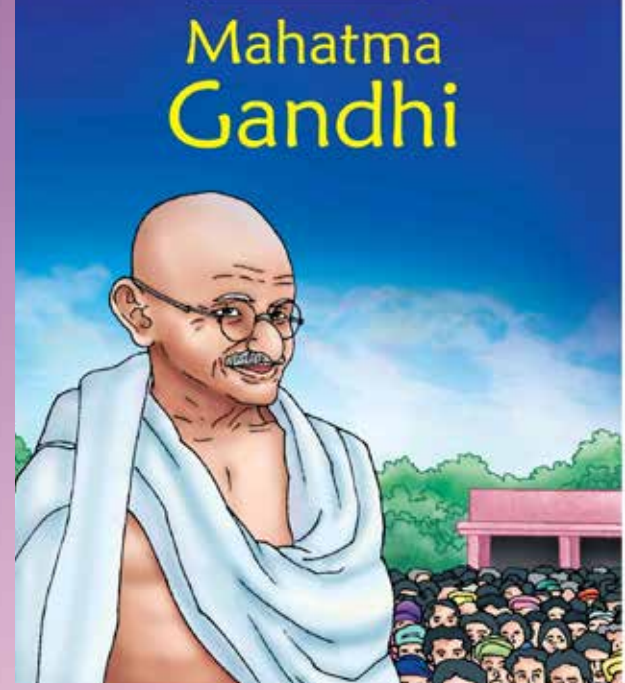
1947ஆம் ஆண்டு ஆகஸ்டு 15ஆம் நாள் இந்தியா சுதந்திரம் பெற்றது. நாடு முழுவதும் மக்கள் மகிழ்ச்சியில் திளைத்தனர். ஆனால் காந்தி, இந்தியா இரண்டு நாடாக பிளவுபட்டதற்கு மிகவும் சோகம் அடைந்தார்.



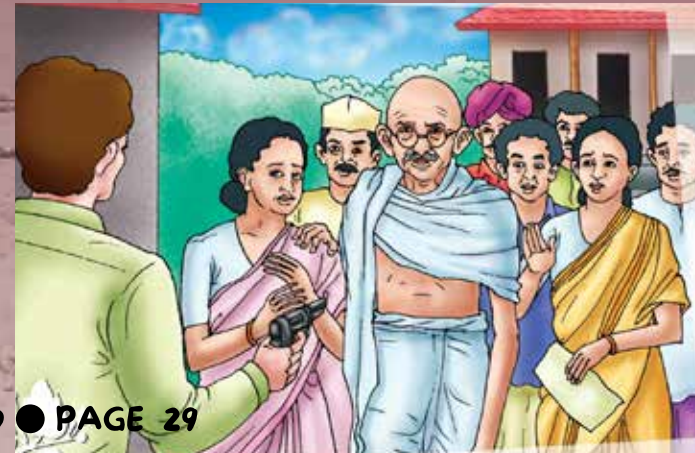


# மகாத்மா காந்தியின் கதை: சிறுவர்களின் சிறப்பு பக்கம்

## சம்பத்

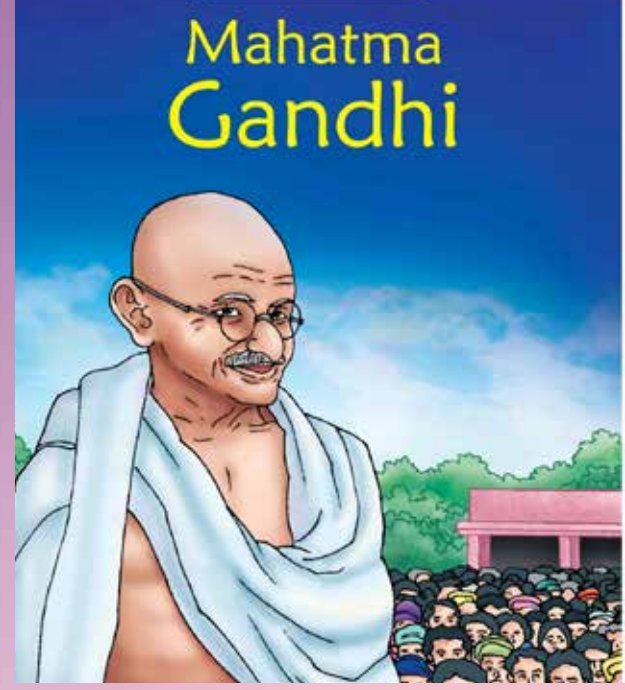


சுதந்திரத்திற்கு பிறகு, இந்து-இஸ்லாமியர்களுக்கு இடையே தகராறு மிகவும் தீவிரமடைந்தது. இந்திய அரசு பாகிஸ்தானுக்கு 55 கோடி ரூபாய் கொடுக்க மறுத்தது. முஸ்லிம்களை பாகிஸ்தானுக்கு செல்ல கோரியது. இதை எதிர்த்து காந்தி உண்ணாவிரதம் இருந்தார்.



1948ஆம் ஆண்டு ஜனவரி 30ஆம் நாள் காந்தி டெல்லியில் உள்ள "பிர்லா ஹவுஸிற்கு" செல்லும் வழியில் "கோட்ஸே"வால் சுடப்பட்டார்.

# மகாத்மா காந்தியின் கதை: சிறுவர்களின் சிறப்பு பக்கம் சம்பத்



காந்தி உடனே சுருண்டு விழுந்தார். "ஹே ராம்" என்பது அவரின் கடைசி சொல்லாகும். காந்தி உயிர் நீர்த்தார். இந்திய நாடே சோகத்தில் மூழ்கியது.

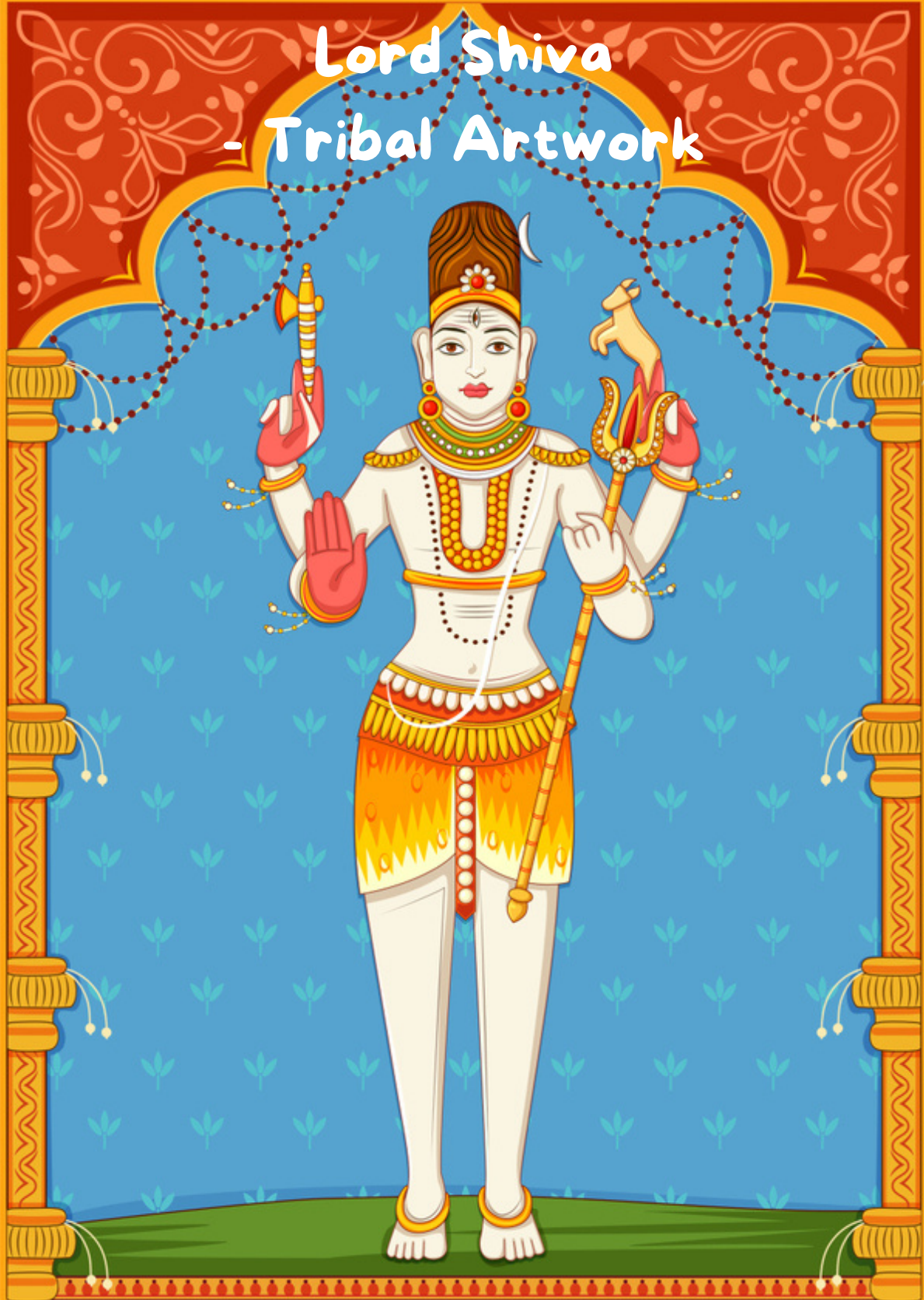
காந்தியின் கொள்கைகள் இன்றும் மக்களால் போற்றப்படுகிறது. காந்தி "இந்திய நாட்டின் தந்தை" என அழைக்கப்படுகிறார்.



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